

SALT RIVER DIABETES PROGRAM – FITNESS CENTER

PROGRAM OPEN IS OPEN TO SRPMIC COMMUNITY MEMBER & THEIR FAMILY, TRIBAL/ENTERPRISE EMPLOYEES

Tuesday, June 10 - Thursday, August 7, 2014



Be sure to bring bottle of water, beach towel and comfortable swimming attire. No cut-off attire.

WHEN:
TUESDAYS & THURSDAYS

WHERE:
SALT RIVER POOL

TIME:
6:30PM – 7:30PM



Classes will be instructed by Rachel Seepie, Michelle Long or Roberta Johnston

All water aerobic participants are required to fill out a Personal Health History form prior to of start class. All participants under the age of 18 must have parent or guardian sign Personal Health History Form. All attendees must be at least 13 years of age and older. Anyone participating between the ages of 13-15, must be accompanied by responsible adult 18 years or older.

For your safety, please inform your physician before starting any fitness regimen. Classes will be for all fitness levels; from the novice to the most experienced.

Question call: 480-362-7320 (Rachel Seepie or Michelle Long)